



WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 5

JANUARY 6, 2011

SPECIAL POINTS OF INTEREST:

- **"We CAN" Weight Loss Challenge Results**
- **Clinic Provider Selected**
- **Vision Plan Information**

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COB Employees lose 232 pounds in "WE CAN" Weight Loss Challenge

A group of City of Bryan employees recently participated in the "WE CAN" Weight Loss Challenge. This challenge was a partnership between the City of Bryan and the Tejas Center HEB. Fifty-one participants weighed in on September 8th and were encouraged to lose weight through improving their diet and exercise. Seminars were held during the challenge period including a seminar titled "Healthy Snacking in the Workplace." During the first week of December, 36 of the original 51 participants returned to Risk Management for their final weigh-in. Their collective weight loss totaled 232 pounds! In recognition of the program's success, HEB donated 232 canned goods to KBTX's Food For Families Food Drive held on December 8th at the Brazos Center. This was a great way for employees to improve their own health and feel better about themselves while helping the community at the same time. Stay tuned for future challenges!



Do You Suffer from SAD?

Seasonal Affective Disorder (SAD) is a type of depression that is tied to seasons of the year. Most people with SAD are depressed only during the late fall and winter (sometimes called the "winter blues") and not during the spring or summer. A small

number are depressed only during the late spring and summer. SAD is most common in young adult women although it can affect men or women of any age. Like all types of depression, SAD can have a devastating effect on a person's life. The

exact causes of SAD are unknown but chemical changes in the brain caused by changes in the amount of sunlight are probably involved. That is why people are more likely to suffer from SAD during the winter months.

Symptoms of Winter SAD:

- Sleeping more than usual
- Craving for sugar, starchy foods or alcohol
- Weight gain
- Irritability
- Conflicts with other people
- Avoidance of social situations



If you suffer from these symptoms, consider consulting Deer Oaks EAP at www.deeroaks.com or by calling 1-866-EAP-2400.

Source: www.wellnessproposals.com

Crispy Pretzel-Coated Chicken Recipe

Prep time: 10 min

Start to finish: 30 min

Makes: 4 servings

- 4 4-ounce skinless, boneless chicken breast halves
- 2 egg whites
- 3 tablespoons honey mustard
- 1 1/2 cups mini pretzels, crushed (about 1 cup)
- 1/4 cup grated Parmigiano-Reggiano cheese
- 1/2 teaspoon dried thyme, crushed
- Nonstick olive oil cooking spray



1. Preheat oven to 425°. Using the flat side of a meat mallet, gently pound chicken between two sheets of plastic wrap just until even thickness.
2. Place egg whites and mustard in a shallow dish; beat with a fork to mix. In a larger shallow dish, combine crushed pretzels, cheese and thyme.
3. Dip chicken into the egg white mixture. Press into crumb mixture to coat. Place chicken in a single layer on an ungreased foil-lined baking sheet. Sprinkle chicken with any remaining crumb mixture and press lightly. Coat with cooking spray.
4. Bake chicken, uncovered, for 14 to 18 minutes or until no longer pink.
5. Enjoy!

This and other great recipes can be found at www.eatbetteramerica.com.



Beginner's Yoga Classes for City of Bryan Employees

6 week series

Wednesdays in the MOB Basement Training Room

January 19th-February 23rd

Time: 5:30-6:30pm

Cost: \$90.00

Bring: Yoga Mat

Instructor: Marnie Krajicek, RYT, RCYP 1&2, Reiki Practitioner

Beginner's Yoga Series 1: This series of classes are ideal for students new to yoga students who want a gentle yoga class series. The series of classes will follow a step-by-step progression in order to gain a firm foundation for good alignment and technique with a beginning orientation to some yoga philosophy. Students will be introduced to yogic breathing, meditation and a progression of poses starting from the ground up to standing. Gain strength, flexibility, balance, coordination and de-stress. Learn to create a balance in Body, Mind and Spirit every day.

Contact Risk Management at 209-5050 to register!

Know Your Benefits



Attention employees who enrolled in our vision plan provided by Superior Vision:

You can now access Superior Vision's secure member web portals which will allow you to view the specifics of your coverage, print additional ID cards for your family members, download helpful forms, and more.

- Let's get started by creating your user name and password. Click [here](#) to begin!
- Your next step should be to choose an eye care provider, or ensure that your current provider is part of the Superior Vision network. Click on "Locate a Provider" for an updated list of network providers. You may also call Customer Service for this information at 1-800-507-3800.
- Remember that a routine eye exam is important not only for correcting vision problems but for maintaining healthy eyes and overall wellness. Superior Vision eye care providers will be looking for signs that may indicate other health issues-not just vision problems. If you have questions regarding your vision plan, you may also contact Flo Garcia at 209-5053.

Upcoming CPR & Defensive Driving Classes

CPR & First Aid

January 18th (renewal-FA only)

January 20th (renewal-CPR only)

8-10am @ the MSC

February 24th (renewal-CPR & FA)

8-11am @ the MSC

January 21st (first time)

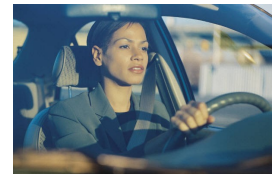
8am-5pm @ the MSC



Defensive Driving

January 19th

8am-4pm @ the MSC



To register contact Howard Hart at hhart@bryantx.gov or call 209-5056.



*Have a
safe and
prosperous
New Year!*

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050

lbecker@bryantx.gov

Copies of this newsletter are available in Risk Management.